

## Tied-Band Strength

The tied band should allow 6" width between legs. It is recommended that you hold on to a chair for balance while doing the following strength exercises. Strength activities are to be done 3 times a week. It is recommended that you start by doing 5 of each of the strength activities and work up to 15 of each.



### 1. Backward Press

Standing with the band around both ankles and holding on to a chair for balance, stand on the left foot and lift the right leg behind with a slight bend in the knee until feeling tension. Hold it for a moment and then return to the start position. Switch to the left foot and repeat.



### 2. Forward Raise

Standing with the band around both ankles and holding on to a chair for balance, stand on the left foot and extend the right leg forward with a slight bend in the knee until feeling tension. Hold it for a moment and then return to the start position. Switch to the opposite side.



### 3. Side Hip Abduction

Standing with the band around both ankles and holding on to a chair for balance, put weight on the left foot, lift right leg slowly to the side until you feel tension and return slowly to the start position then switch to the opposite side.



### 4. Leg Curl

With the band around both ankles stand with feet shoulder length apart. Slide right leg slightly back and keep the knee lightly bent. Flex the knee and pull foot toward the buttocks slowly then return to the start position. Switch to the left foot.

